

HERNDON AQUATIC CLUB

2021-2022

The objective of the Herndon Parks and Recreation Department's USA swim team, the Herndon Aquatic Club Commanders, is to provide a quality and professional competitive year around swim program to the residents of Herndon and surrounding areas. Herndon Aquatic Club is dedicated to providing the maximum opportunity for swimmers to achieve their personal goals in an encouraging environment. The team strives to achieve prominence at the local, state and national levels. Former members of Herndon Aquatic Club have qualified for Sectionals, USA Open Water Championships, USA Future Championships, Eastern Zones, Junior Nationals, USA Future Championships, ISCA Championships, TYR Championships, U.S. Open, Senior Nationals, and Olympic Trials. Herndon Aquatic Club is committed to excellence in swimming and having fun while doing it. Individuals joining the team are expected to make a commitment for the entire season and to participate in swim meets as recommended by the coaching staff.

Richard Romero (Coach Rich) begins his fourth season as the Head Coach of the Herndon Aquatic Club. His experience and dedication continues to build a champion atmosphere at HAC. He was born in Puerto Rico and began swimming at the age of 5. He represented Puerto Rico in International Swim Meets and as a member of the Puerto Rico Water Polo team. His coaching philosophy emphasizes technique and teaching the fundamentals of each stroke in order to bring out the best in each swimmer.

The Herndon Aquatic Club also has talented, professional assistant coaches with great experience as competitive swimmers themselves, followed by years of coaching summer league, high school swimming, and USA Swimming teams. The staff brings together over 50 years of coaching experience.

Stroke Evaluations for placement on the 2021-22 team are:

Tuesday, July 6, 13, 20, August 17 and 24

Wednesday, July 7, 14, 21, August 18 and 25

Thursday, July 8, 15, 22, August 19 and 26

All evaluation are from 7-8pm

Appointments are required and can be scheduled by contacting Coach Richard Romero at richard.romero@herndon-va.gov.

Swimmers should arrive ready with their swimsuits and goggles, and be prepared to do a 15-20 minute practice. For further information visit the team website at www.swimhacc.org, or contact Coach Romero at richard.romero@herndon-va.gov.

Program fees for the 2021-2022 season are required in full. The program fees do not include meet fees, equipment fees, and other team charges for mandatory and optional

activities. The fees listed in this brochure only cover the mandatory initial fees required to begin participation. Additional fees may be billed to the family account for any additional meet fees, social activities, or equipment charges.

In addition to the registration fees, all swimmers are expected to pay three non-refundable fees before they may participate in team activities:

- **HAC Booster Fee (\$50)** which helps cover the cost of team activities and incentives.
- **Meet Entry Fee Deposit (\$150)** which typically covers the cost of entries for the first two months of swim meets. Meet Entry fees are held in a separate account, which is drawn upon when swimmers compete in meets.
- **USA Swimming Registration Fee (\$90)** which is required for competition and insurance requirements.

When the Meet Entry Fee account is depleted, swimmers will be billed for any additional amounts. Payment in the amount of \$290.00 can be made by check or cash.

Checks must be made payable to **HAC Boosters and mailed to;**
HAC Boosters C/O Michelle Siraj 2652 Quincy Adams Drive, Herndon, VA 20171.

All HAC swimmers are also encouraged to purchase team suits and other team apparel. Each training group is required to have particular training equipment. A list of required equipment is available on the team website,
<https://www.teamunify.com/team/pvhacc/page/2019-2020-equipment-list>

GROUP DESCRIPTIONS

AGE GROUP PREP

Ages 6-10 years old

Description: Designed to introduce young swimmers to swim training and increased competition with the emphasis on stroke development. This group practices 2 times per week.

Requirements: Ability to swim 50 yards of freestyle, 25 yards of backstroke and breaststroke, and 25 yards of introduction butterfly.

Expectations: Attend practices regularly and attend Mini Meets as recommended by coaches.

Goals: Efficient strokes, starts, and turns. Improved conditioning. Personal best times at USA swim meets. Acquire the skills necessary for our Age Group Program. Qualify for summer league divisional meet.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

<u>Class Code</u>	<u>Class Name</u>	<u>Days</u>	<u>Times</u>	<u>TOH/NR</u>
505110-20	AGP AM	T/TH	6:30-7:30am	\$845/\$1100
505110-21	AGP PM	T/TH	6:30-7:30pm	\$845/\$1100

AGE GROUP

Ages 8-12 years old

Description: Designed for novice swimmers from 8-12 years of age. This program aims to develop swimmers' abilities in the water through increased and heightened stroke development and training. Continues to develop strength and endurance while encouraging participation in competition. This group practices three times a week.

Requirements: Ability to swim 50 yards of freestyle, 50 yards backstroke, 50 yards breaststroke, and 25 yards butterfly. Swimmers should have at least one season of summer swim team experience.

Expectations: Attend practice regularly and participate in swim meets as recommended by coaches.

Goals: Efficient strokes, legal starts and turns and improved conditioning. Awareness of personal best times and IMX scores. Qualify for summer league divisional and all-star meet.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

<u>Class Code</u>	<u>Class Name</u>	<u>Days</u>	<u>Times</u>	<u>TOH/NR</u>
505110-12	AG AM	M, W, F	6:30-7:30am	\$1310/\$1700
505110-14	AG PM	M, W, F	6:30-7:30pm	\$1310/\$1700

BRONZE

Ages 9-14 and recommendation from HAC coaching Staff

Requirements: This program is designed for swimmers with efficient strokes in the AG Program and who can train for enhanced proficiency. This group will work to enhance their abilities in training strength, endurance and racing skills. This group practices 4 times per week.

Requirements: Ability to swim 200 yards of freestyle, 100 yards backstroke, 100 yards breaststroke, and 100 yards butterfly. It is recommended that swimmers have at least one season of summer swim team experience.

Expectations: Attend practice regularly and attend swim meets as recommended by HAC coaching staff.

Goals: Efficient strokes, legal starts and turns, and improved conditioning. Personal best times at USA swim meets and work for advancement to the Gold or Elite groups and strive to qualify for Junior Olympics.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

<u>Class Code</u>	<u>Class Name</u>	<u>Days</u>	<u>Times</u>	<u>TOH/NR</u>
505110-15	BRZ AM	M-TH	5:00-6:00am	\$1538/\$2000
505110-16	BRZ PM	M-TH	7:30-8: 30pm	\$1538/\$2000

SILVER

Ages 12-15 and must be in Middle School

Description: This program is designed for swimmers that are at various levels of training and ability and are attending middle school. This group trains 3 days a week. The aim is to get every swimmer on the same level so there is less variants in abilities, while also, achieving a high standard of encouragement in order to maintain participation and excellence with HAC.

Requirements: Ability to swim 100 yards freestyle, 100 yards backstroke, 100 yards breaststroke, and 50 yards of legal butterfly. It is recommended that swimmers have more than one season of year-round swimming, and/or summer swim team experience.

Expectations: Attend practice regularly and attend swim meets as recommended by HAC coaching staff.

Goals: Efficient strokes, legal starts and turns, and improved conditioning. Achieve a level of swimming that prepares them to move into the Gold or Elite Group, personal best times at USA swim meets and striving to qualify for Junior Olympics.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

<u>Class Code</u>	<u>Class Name</u>	<u>Days</u>	<u>Times</u>	<u>TOH/NR</u>
505130-10	SLV AM	M, T, TH	5:00-6:00am	\$1538/\$2000
505130-12	SLV PM	M, T, TH	3:30-4:30pm	\$1538/\$2000

GOLD
Ages 12 and Over
Requires Coaches' Approval

Description: The group is for swimmers who are committed to a high standard of training and intensity and a willingness and dedication to progress in swimming. This group is intended for the swimmer interested in advancing to the Elite level. This group practices 5-6 times a week.

Requirements: Ability to swim 5 x 100 yards freestyle on 1:25, 100 yards backstroke, 100 yards breaststroke and 100 yards butterfly. It is recommended that swimmers have at least one season of year-round swimming, and/or summer swim team.

Expectations: Attend practice regularly and attend swim meets as recommended by HAC coaching staff. This group required a high level of commitment to competitive swimming.

Goals: Efficient stroke, legal starts and turns and improved conditioning. Achieve best times at USA swim meets and strive to make Junior Varsity or Varsity High School Swim Team. Strive to qualify for Junior Olympics, Junior/Seniors Championships, Zone Team, and Sectionals.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

<u>Class Code</u>	<u>Class Name</u>	<u>Days</u>	<u>Times</u>	<u>TOH/NR</u>
505110-22	GOLD	M-F	5:00-6:30am	\$1769/\$2300
		SA	5:00-7:00am	

SENIOR PREP
14 and over

Description: The Senior Prep group is for members interested in conditioning for High School Swimming. This evening group includes swimmers who want to maintain their current level for competition in high school and summer league swimming. This group practices 3 times per week until high school swimming begins then it will practice 2 times a week.

Requirements: Ability to swim 100 freestyle, 100 yards backstroke, 100 yards breaststroke, and 100 yards butterfly. It is recommended that swimmers have more than one season of year-round swimming, and/or summer swim team experience.

Expectations: Attend practice regularly and attend swim meets as recommended by HAC coaching staff.

Goals: Efficient strokes, legal starts and turns, and improved conditioning. Make Junior Varsity or Varsity High School Swimming and achieve person best times.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

Class Code	Class Name	Days	Times	TOH/NR
505120-15	SRP	M, W, TH	8:00-9:00pm	\$1079/\$1400
Beginning November 10, 2021 practices will be held on Monday and Wednesdays for the remainder of the season.				

ELITE

Ages 13-14

Recommendation from Head Coach

Description: This is an elite training group for swimmers committed to the highest level of swimming. This group practices 6 to 8 times per week. In addition, swimmers will be participating in **dryland practices** to enhance strength training.

Requirements: Ability to swim 5 x 100 free on 1:25 of legal freestyle, 100 yards backstroke, 100 yards breaststroke, and 100 yards butterfly. It is recommended that swimmers have more than one season of year-round swimming, and/or summer swim team experience.

Expectation: Attend swim and dryland practice regularly and attend swim meets as recommended by HAC coaching staff. This group requires a high level of commitment to competitive swimming.

Goals: Advanced strokes, legal starts and turns, and improved conditioning. Personal best times at USA swim meets and striving to qualify for Junior Olympics, Zone Team, and Sectionals.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

Class Code	Class Name	Days	Times	TOH/NR
505120-12	ELITE AM	M-F	5:00-6:30am	\$1796/\$2300
		SA	5:00-7:00am	
505120.13	ELITE PM	M-F	5:00-6:30pm	\$1796/\$2300
		SA	5:00-7:00am	

NATIONAL

Age 15 and up

Head Coach Recommendation

Description: Designed for 15 and up swimmers committed to an intense training schedule. In addition, swimmers will be participating in **dryland practices** to enhance strength training. This group practices 6 to 8 times per week.

Requirements: Ability to swim 5 x 100 free on 1:20 of legal freestyle, 100 yards backstroke, 100 yards breaststroke, and 100 yards butterfly. It is recommended that swimmers have more than one season of year-round swimming, and/or extensive summer swim team experience.

Expectation: Attend swim and dryland practice regularly and attend swim meets as recommended by HAC coaching staff. This group required a high level of commitment to competitive swimming.

Goals: Advanced strokes, legal starts and turns, and improved conditioning. Personal best times at USA swim meets and to qualify for Junior Champs, Senior Champs, Zone Team, TYR Champs, Sectionals, Jr. Nationals and Olympic Trials.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

<u>Class Code</u>	<u>Class Name</u>	<u>Days</u>	<u>Times</u>	<u>TOH/NR</u>
505120-14	NAT AM	M-F	5:00-7:00am	\$1925/\$2504
		SA	5:00-7:00am	
505120.16	NAT PM	M-F	4:30-6:30pm	\$1925/\$2504
		SA	5:00-7:00am	